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NEW YORK CITY NO. 1 FREE DAILY IN THE US
Monday, August 15, 2016 metro.us | t: MetroNewYork | f: MetroNewYork

DANGEROUS RIO

Olympic swimmer Ryan Lochte and teammates robbed at gunpoint. 2

Should the Giants be worried about their offensive line? 25

Hugh Grant talks Meryl and 'Florence Foster Jenkins.' 20

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OVA TIME

Clinic halves cost of freezing eggs, giving women a more affordable option to extend childbearing decisions. 4

GETTY IMAGES

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3 THINGS YOU NEED TO KNOW

PROTESTS ERUPT IN MILWAUKEE AFTER POLICE KILL ARMED SUSPECT

1 Protesters in a poor, predominantly black neighborhood of Milwaukee fired gunshots, hurled bricks and set a gas station on fire on Saturday night after a patrol officer fatally shot an armed suspect there, authorities said. Police did not disclose the race of the suspect or the officer involved in the shooting, which occurred Saturday afternoon in Sherman Park. A statement by the Milwaukee Police Department did not name the suspect but said he was 23 years old, had a lengthy arrest record and was carrying a stolen handgun loaded with 23 rounds of ammunition when police pulled over the vehicle for unspecified "suspicious activity." REUTERS

POLICE OFFICER KILLED IN GEORGIA RESPONDING TO EMERGENCY CALL

2 A police officer was fatally shot while responding to a call about a suspicious person near an intersection in southern Georgia, police said Sunday. Officer Tim Smith, 31, was called to a neighborhood in Eastman Georgia, a small city about 130 miles south of Atlanta, at about 9:30 p.m. Saturday, the Georgia Bureau of Investigation said in a statement.

Smith arrived at the area and encountered an individual, the statement said. "Officer Smith exited his patrol car to investigate and was shot by the individual," it said. Smith returned gunfire, but the suspect fled the scene. The officer was transported to a local hospital, where he died. The Georgia Bureau of Investigation is seeking tips to identify and find the assailant. It did not release information about a possible motive for the attack.

REUTERS

LOCHTE ROBBED IN TAXI HOLDUP AFTER LEAVING PARTY, USOC SAYS

3 U.S. gold medal swimmer Ryan Lochte and three teammates were robbed in a taxi holdup by men posing as armed police officers, the United States Olympic Committee confirmed on Sunday. "According to four members of the U.S. Olympic Swimming Team [Gunnar Bentz, Jack Conger, Jimmy Feigen and Ryan Lochte], they left France House early Sunday morning in a taxi headed for the Olympic Village," USOC spokesman Patrick Sandusky said. "Their taxi was stopped by individuals posing as armed police officers who demanded the athletes' money and other personal belongings. All four athletes are safe and cooperating with authorities." REUTERS

A fountain provides relief during the recent East Coast heat wave. GETTY IMAGES

RELIEF AHEAD?

Smoldering heat and stifling humidity have blanketed the East Coast from Washington to Philadelphia to New York City. Boston has been on the edge, but got your big dose this past weekend.

Philadelphia and New York City will continue to feel the excessive heat today, just a notch lower in humidity, for the fourth day in a row, while Boston will barely escape topping the 90-degree mark.

In Philadelphia, there have been three heat-related deaths during this latest heat wave, along with many reports of heat lightning — vivid flashes of lightening, glowing skies on the horizon, without rain or hearing thunder because the storms are too far away.

The smoldering heat should start to lift as we move into the second half of this week. A potent frontal system will start to close in by late Tuesday and Wednesday, and this will set up a severe storm threat, with localized flooding possible by Tuesday night into Wednesday morning.

The 90-degree heat train should start to derail by Thursday and eventually computer models are suggesting, with mixed signals, a significant break in heat and humidity by the coming weekend. The European model is indicating that we stay on the hot and humid side with other models suggesting a big break.

I'm sure your local TV meteorologists will keep you updated as long as you can sit through hours of teases,such as " When will the heat break ... possible severe storms ... we will let you know when ... will the heat last into your weekend ... flooding rains possible ... five day forecast ahead ...10-day outlook coming ... stay right there ... don't move. Sorry, just having a little fun, must be the heat!

The good news is the tropics remain quiet as we start to move into the juicy part of the hurricane season, which peaks by mid-September, but continues officially until November.

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

New York

Today: Still baking, late storm in spots 93

Tuesday: Late severe storms possible 92

Wednesday: Morning storm, then sun 90

Thursday: Very warm, but dry 89

Friday: Warm and dry 88

Weekend

Saturday: Nicer high 85

Sunday: Possible scattered shower 85

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FASTRACK

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3 New York Monday, August 15, 2016

Egg freezing clinic extends options at affordable price

Halving the cost opens the door to younger, less affluent women.

KIMBERLY M. AQUILINA
@MetroNewYork
letters@metro.us

Extend Fertility on West 57th Street holds down costs by providing one service. EXTEND FERTILITY

For women who aren't sure about having children, or who know that now isn't the right time, freezing unfertilized eggs has become a more common topic of conversation.

Whether your biological clock "is ticking like this," as Marissa Tomei's character in "My Cousin Vinny" said while stomping her foot, or your "social clock" is just not at time-to-have-a-baby o'clock, there are preemptive measures women can take to ward off difficulties getting pregnant later in life.

Extend Fertility, 200 W. 57th St., opened on Wednesday and is the first clinic in the United States that provides only egg freezing services. Focusing on one thing "and doing it awesome," as reproductive endocrinologist and co-founder of Extend Fertility Dr. Josh Klein put it, allows the clinic to keep costs down, making egg freezing an option for more women.

Egg freezing is not covered by most health insurers, but in 2014, Silicon Valley companies like Facebook and Apple began offering the option to their female employees.

"I would equate it to reimbursement for an MBA program," Brigitte Adams, a marketing executive at a tech startup told NPR at the time, "or adoption assistance, or, you know — it's not the be-all and end-all, but it's definitely a nice perk."

Klein said the science of egg freezing has "advanced pretty radically" in the last few years and an influx of women looking to extend their future fertility options is one of the factors that prompted the inception of the new clinic.

Diagram of human egg cell GOOGLE COMMONS

In his previous position at Reproductive Medicine Associates New York, Klein said he would see a waiting room full of couples desperate to have a baby and one woman undecided about having a baby who stood out from the rest.

> *"At the time, 20 years seemed so far away and now those girlfriends have gotten married and had kids and 36 doesn't seem as nearly as old."*
>
> Justine, 36, New Jersey

"Maybe [she] doesn't have a partner yet or maybe is trying to make sure that she stabilizes her career or education and it kind of was an awkward fit," he said. "So we have very different kinds of patients coming to the same place and working through the same system, but the egg freezers are really not being served well by the traditional set up."

Talia Zapolanski, a single 33-year-old who started the pre-process testing at a traditional IVF clinic at one of the larger hospitals in New York, said she was chatting with a friend who told her about Extend Fertility.

"Part of that is the pedigree of the people at Extend [Fertility] and the experience that they've had so I wouldn't have gone to just anyone," Zapolanski said, "but you're talking about physicians who came from the top fertility clinics to start this."

Having a facility that focuses only on ovum cryogenics also halves the price from the typical $10,000 harvesting fee, which allows younger women to make the decision. It also opens up the option to women in different socieconomic classes.

Plus, Klein said, the $4,990 fee at Extend Fertility covers 12 eggs.

"If you pay to freeze your eggs at a traditional IVF clinic and you're only able to get a few eggs … if you want to get more, you'll have to pay more," Klein explained. "In our model, we price around a minimum of 12 eggs — normally women produce one egg per month — so that's a year's worth of fertility."

It should be noted that there are additional costs for egg storage.

According to Extend Fertility, "in the largest study of egg freezing outcomes published to date, women who froze 15 eggs or more at age 35 or younger were calculated to have an 85 percent chance of success if they return to thaw and use those eggs."

That data was gathered when the "slow" process was still in use. A faster process called "vitrification" — a way of freezing an object in a glass-like suspension — is what Extend Fertility uses.

Justine (not her real name), a 36-year-old who lives in New Jersey, is using a traditional IVF clinic. She started considering it about three years ago, but was held back by finances. An AMA (advanced maternal age) blood test also showed her that the time is now.

If she doesn't have a partner in the future, Justine said she will most likely still have a child and that freezing her eggs takes the "pressure off."

"I think as I'm getting older, the needle has sort of moved on what that age is. I have a very distinct memory of being 16 years old and a couple of my girlfriends and I would all joke 'if we're still single at 36, we're going to go together to the sperm bank,'" Justine said. "At the time, 20 years seemed so far away and now those girlfriends have gotten married and had kids and 36 doesn't seem as nearly as old.

"'When I'm 38!' Or when I'm 38, it'll be like, 'When I'm 40!'" she added while laughing.

Zapolanski said she hopes she won't need the frozen eggs, but like Justine said, they are a nice insurance policy.

"I think it is worth a conversation and I'm not saying it's necessarily for everyone," she said. "I know it is an expensive process, but I think it is worth it considering and I'm grateful there is a place like Extend [Fertility] that is making it more accessible to more people."

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Police released a sketch of the suspect. DCPI

Imam, second man fatally shot after leaving prayer services in Queens

Imam Maulama Akomjee was reportedly leaving services from the Al-Furqan Jame Masjid mosque just before 2 p.m. on Saturday.

CHRIS CAESAR
@MetroNewYork
chris.caesar@metro.us

Police released a video Sunday and a sketch of the suspected gunman in the killings of an imam and a second man who were shot as they walked home Saturday afternoon from a mosque in Ozone Park, Queens.

The two men were walking home from prayers at the Al-Furqan Jame Masjid mosque just before 2 p.m. Saturday, police told DNAinfo, when they were approached from behind by a tall man in a dark polo shirt and shorts. Both were found shot point-blank in the head at Liberty Avenue and 79th Street. Witnesses reported seeing the same man fleeing with a gun in his hand.

Police identified the slain imam as 55-year-old Maulama Akomjee. The second man has been identified as Akomjee's brother-in-law, 64-year-old Thara Uddin. The bodies were found by chance by Thara Uddin's 28-year-old nephew, Rezwan Uddin. Akomjee was declared dead at the scene. Thara Uddin was taken to Jamaica Hospital where he was pronounced dead four hours later.

The New York Daily News reported that dozens of angry Muslim men gathered at the murder scene, "making it clear they believed the shooting was a hate crime — with the two religious leaders specifically targeted."

Both victims were dressed in traditional Muslim garb, but authorities have not determined if the men were targeted because of their faith.

"That's not what America is about," said 33-year-old local resident Khairul Islam, the Daily News reported. "We blame Donald Trump for this ... Trump and his drama has created Islamophobia."

Earlier in the week, Mayor Bill de Blasio called Trump's words about Islam "reckless."

The motive remains unclear. Law enforcement sources reportedly told NBC New York that the shooting appears to have occurred during a robbery, but Akomjee had more than $1,000 in cash still on him when his body was found. Another police source told ABC7 that no argument or exchange of words appeared to precede the shooting.

"The perpetrator of these senseless killings must be swiftly apprehended and face the full force of the law," executive director of the New York chapter of the Council on American-Islamic Relations Afaf Nasher said in a statement, Patch reported. "We ask anyone with information about this attack to contact appropriate law enforcement authorities."

Akomjee planned to travel to Bangladesh in 10 days to attend his son's wedding, according to the Daily News. The victims each had three children.

Kimberly M. Aquilina contributed to this report.

Sree Sreenivasan will be heading up the city digital strategy beginning in October. TANYA MALOTT

Mayor tabs digital guru to expand city's technology footprint

Sree Sreenivasan named chief digital officer, the same role he had at Columbia University and the Metropolitan Museum of Art.

ALAN KRAWITZ
@MetroNewYork
letters@metro.us

Sree Sreenivasan has a new job doing more of the same.

Mayor Bill de Blasio recently tabbed the veteran journalist and social media guru as the city's chief digital officer, directing the city's office of digital strategy (NYC Digital) to increase civic engagement, government transparency and support the city's technology sector.

In a recent tweet, the mayor welcomed his newest chief digital officer and, according to Sreenivasan, "tweeted out my marching orders."

"Welcome, @sree, as NYC's new CDO! And onward to becoming the most tech-friendly, transparent, digitally equitable city in the world," the mayor tweeted.

"My job couldn't have been spelled out more clearly or more publicly," Sreenivasan said. "Of course, those are very grand, ambitious ideas and I can't wait to tackle the challenge."

Asked about the goal of making the city more hospitable to technology startups, Sreenivasan said the plan was simple.

"Having more set up here, more stay here, and more thrive here is one of my goals," he said.

Sreenivasan, who officially takes the helm of NYC Digital this October, has a wealth of experience in both journalism and social media, having served, among many other roles, as the first chief digital officer at both the Metropolitan Museum of Art and Columbia University.

He was a founding member of neighborhood news site DNAinfo, as well as a mayoral appointee on the Commission on Public Information and Communication since last year, where he helped the public access city information as well as strategies to improve access to, and distribution of, city data.

He has also written for The New York Times, in addition to reporting on technology for WABC-TV, WNBC-TV and WCBS-TV.

In a statement, de Blasio expressed support for his newest hire.

"To move our city's digital ecosystem into the 21st century, we need to ensure our city's resources are at the fingertips of every New Yorker," the mayor said.

"With Sree Sreenivasan's wealth of experience, I am confident that he will work to promote transparency, access, and progressive values with our digital tools, helping spread access across the five boroughs."

An immigrant from India who attended public school in Manhattan and received a master's degree in journalism from Columbia University in 1993, Sreenivasan reported he was in the midst of a social media speaking tour of India, in part as preparation for his upcoming role as the city's digital chief.

"I am learning about ways the public and private sectors are working together to improve the way technology can improve the lives of citizens," he said.

"I have much to learn about what can be done in NYC, but in all my work, I am going to look at the issues through the prism of serving the 8.5 million people who live here, the 4.2 million folks who work here, the 300,000 city workers, and the 55 million people who visit NYC each year," Sreenivasan added.

"I will work with the terrific digital and technology talent that exists in City Hall and prioritize everything we want to do, together."

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BRIEF

Kurdish forces in fresh push to capture Mosul from Islamic State

Kurdish Peshmerga forces launched a fresh attack on Islamic State forces early Sunday as part of a campaign to capture Mosul, the militants' de facto capital in Iraq, Kurdish officials said.

The advance began after heavy shelling and air strikes by a United States-led coalition against ISIS forces, a Reuters correspondent reported from Wardak, 19 miles southeast of Mosul.

The militants fought back, firing mortars at the advancing troops and detonating at least two car bombs.

Clouds of black smoke rose from the area and dozens of civilians fled in the direction of the Peshmerga lines, brandishing white flags.

A Peshmerga commander said 11 villages had been taken from the ultra-hardline Sunni militants as the troops headed to Gwer, the target of the operation, 25 miles southeast of Mosul.

Repairing the bridge that the militants destroyed in Gwer would allow the Peshmerga to open a new front around Mosul. The bridge crosses the Grand Zab river that flows into the Tigris.

The Iraqi army and the Peshmerga forces of the Kurdish self-rule region are gradually taking up positions around Mosul, 250 miles north of Baghdad.

It was from Mosul's Grand Mosque in 2014 that Islamic State leader Abu Bakr al-Baghdadi declared a "caliphate" spanning regions of Iraq and Syria.

Mosul is the largest urban center under the militants' control, and had a prewar population of nearly 2 million.

REUTERS

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Heavy fighting in Aleppo as Syrian rebels renew assault

Members of the Syrian opposition based in Khan Tuman Town make preparations to launch rocket attack to military headquarters at Assad Regime-controlled Al Zahabiya region in Aleppo, Syria. GETTY IMAGES

Fighting for control of Aleppo — split between its government-held west and rebel-held eastern neighborhoods — has intensified in recent weeks, causing hundreds of deaths and depriving many civilians of power, water and vital supplies.

Heavy fighting took place in different sectors of the Syrian city of Aleppo on Sunday as rebels assaulted two government strongholds in the city's northwest and south, a monitor of the war said.

Insurgents including Islamist militant groups detonated car bombs before launching an attack on the Jamiat al-Zahraa district, an army base and residential district, the British-based Syrian Observatory for Human Rights said.

Rebel groups then attacked the army's positions in a cement factory on the city's southwest, adjacent to the mouth of a corridor into opposition-held east Aleppo that insurgents had opened up a week ago, breaking a government siege.

Earlier in the day, the Syrian army and its allies captured some buildings in the southwestern 1070 housing development, also located near the entrance to the rebel corridor into Aleppo.

Aleppo is one of the bastions of the rebellion to oust Syrian President Bashar al-Assad, whose army is backed on the ground by Shi'ite Muslim militias from neighboring countries and from the skies by Russian air strikes.

Some recent gains by the insurgents have been made by Jabhat Fateh al-Sham, previously known as the Nusra Front, which described itself as an affiliate of al Qaeda until it cut ties with the militant movement and renamed itself late last month.

REUTERS

Pedestrians walk past the scene of Thursday night's explosion, which devastated an apartment building in Silver Spring, Maryland. GETTY IMAGES

Fourth body found at site of Maryland apartment blast

The explosion at the four-story apartment complex injured more than 30 people.

Another body has been found after an explosion and fire ripped through at a Maryland apartment complex outside Washington, last week, bringing the total of known deaths to four with eight people still missing, authorities said Sunday.

Montgomery County police are working alongside federal agents from the Bureau of Alcohol, Tobacco, Firearms and Explosives to sift through the site in Silver Spring for clues to the cause of the Aug. 10 blast, they said.

On Friday, local police said that three bodies had been found. Authorities previously said about five to seven people were likely killed in the blast, but offered no specific number or identifies at the time.

The identities of the bodies recovered at the site have yet to be determined. It's possible that the four bodies recovered are among those missing, local authorities said.

Among those believed to have been in the apartment buildings at the time of the fire were two boys, 3 and 8 years old.

About 160 firefighters battled the blaze, which was brought under control after about two hours. Television footage showed flames and smoke pouring from the building as firefighters rescued a man from an upstairs apartment window.

Local officials said residents reported smelling gas just before the explosion, which was felt over a mile away and tossed debris as far as 300 feet.

Washington Gas, a unit of WGL Holdings Inc., which provided service to the complex, has said it was helping in the investigation. REUTERS

The scene of the explosion in Silver Spring, Maryland. GETTY IMAGES

BRIEF

Bangladesh officials to meet Fed, U.S. investigators over heist: source

A team from Bangladesh will meet officials of the Federal Reserve Bank of New York, the Federal Bureau of Investigation and the U.S. Department of Justice this week in New York in connection with the cyber theft of $81 million from the South Asian country's central bank in February, sources said.

Two people close to the Bangladesh central bank said the goal of the meetings starting Tuesday would be to discuss what led to the heist, carried out by unidentified hackers, and how such events can be prevented in future.

A New York Fed official told Reuters the aim would be "to understand what happened, what remediation steps have been taken by Bangladesh Bank to meet its contractual obligations, and to begin a path to normalize operations."

In one of the largest cyber heists ever, hackers penetrated Bangladesh Bank's systems and sent the New York branch of the U.S. central bank dozens of payment requests from an account it maintained for Bangladesh. They sought nearly $1 billion, and $81 million was paid out and lost.

The New York Fed in June wrote to the Philippines' central bank, prodding it to help Bangladesh Bank recover the money that was transferred to beneficiary accounts at the Manila-based Rizal Commercial Banking Corp. before most of that was laundered through casinos there.

Bangladesh Bank officials believe the nudge from the New York Fed was one of the reasons the Philippines central bank last week slapped a record $21 million fine on RCBC in connection with the heist, and that it was important to sustain the pressure. REUTERS

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Louisiana hit by deadly floods

Residents have been pulled out of waterlogged homes, swamped cars and threatened medical facilities in cities and towns across the southern part of state, said the governor, who has called for fed emergency relief funds.

The Salvation Army in southern Louisiana is, itself, a victim of flood waters, reporting that heavy rains have flooded its entire campus. SALVATION ARMY/TWITTER

Emergency crews in Louisiana have rescued more than 7,000 people stranded by historic flooding that has killed at least three and submerged whole communities, Gov. John Bel Edwards said Sunday as the parts of the Gulf Coast braced for more rain and rising waters.

While the brunt of the storm that brought torrential rains and flooding to the area was moving west toward Texas on Sunday, Louisiana residents should remain cautious, the governor said at a news conference.

"Even with the sunshine out today intermittently, the waters are going to continue to rise in many areas, so this is no time to let the guard down," Edwards said.

Some 5,000 people were forced to sleep in shelters overnight, said Marketa Walters, head of Louisiana Department of Children and Family Services. There were not enough beds to house all of the shelter-seekers, so many had to sleep on floors, she said.

Emergency officials still were working on strategies to rescue an undetermined number of people trapped by the waters.

"We're very much still in the search-and-rescue mode," said James Waskcom, director of the state's Office of Homeland Security and Emergency Preparedness.

Patients from several hospitals and nursing homes were saved from threatening waters overnight, Louisiana State Police Colonel Michael Edmonson said. Helicopters are deploying food and water to those still trapped by floods, he said. REUTERS

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Trump rails against press in response to reports of chaos

Speaking for more than an hour in a sweltering room, Trump spent a significant portion of his speech complaining about the media.

Republican presidential candidate Donald Trump GETTY IMAGES

Republican Donald Trump on Saturday repeated his attack on President Barack Obama claiming he helped "found" Islamic State and railed against media reports that his campaign is failing at a rally in Connecticut, a state in which he has a long-shot of being victorious.

He again threatened to revoke the press credentials of The New York Times. The credentials allow reporters access to press-only areas of his campaign events. He has already banned other outlets, including the Washington Post.

On Saturday, the Times newspaper published an article detailing failed efforts to make Trump focus his campaign on the general election.

"These are the most dishonest people," Trump said. "Maybe we'll start thinking about taking their press credentials away from them."

Trump visiting Connecticut, a heavily Democratic state, raised eyebrows among many Republicans.

"It's asinine that he would be in Connecticut holding a public rally less than 90 days before the election," said Republican strategist Matt Mackowiak. "You don't see Hillary publicly campaigning in Idaho and Mississippi. I have to think this proves the candidate is running the campaign, which explains why it's such a disaster of biblical proportions."

At several points the crowd chanted "lock her up," a frequent campaign rally chant in reference to Trump's Democratic rival, Hillary Clinton.

Trump told the crowd that normally he responds by saying he intends instead to defeat her in the Nov. 8 election, but this time added, "You know what? You have a point!"

Trump also dropped his recent efforts to say he was not being serious when he said Obama was the "founder" of the Islamic State militant group.

"It's the opinion of myself and a lot of people that he was the founder," Trump told the crowd.

Democrats and Republicans alike have criticized Trump's assertion as patently false.

Trump took a detour from attacking Clinton's economic record to discuss the 1998 scandal involving White House intern Monica Lewinsky and President Bill Clinton, whom Republicans attempted to drive out of office over the affair. REUTERS

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Electric sky

Extreme weather moved through parts of the New York City area over the weekend triggering bright flashes of lightning. This image, photographed from Rye, N.Y., shows a storm rolling through the Long Island Sound. The excessive heat is a strain on the power grid and brings the chance of dangerous storms. Cloud-to-ground is the best-known and third-most-common type of lightning. It is the best understood of all forms because it allows for scientific study given it terminates on a physical object, namely the Earth, and lends itself to being measured by instruments. Of the three primary types of lightning, it poses the greatest threat to life and property. PHOTO BY TAYLOR MCKENNA

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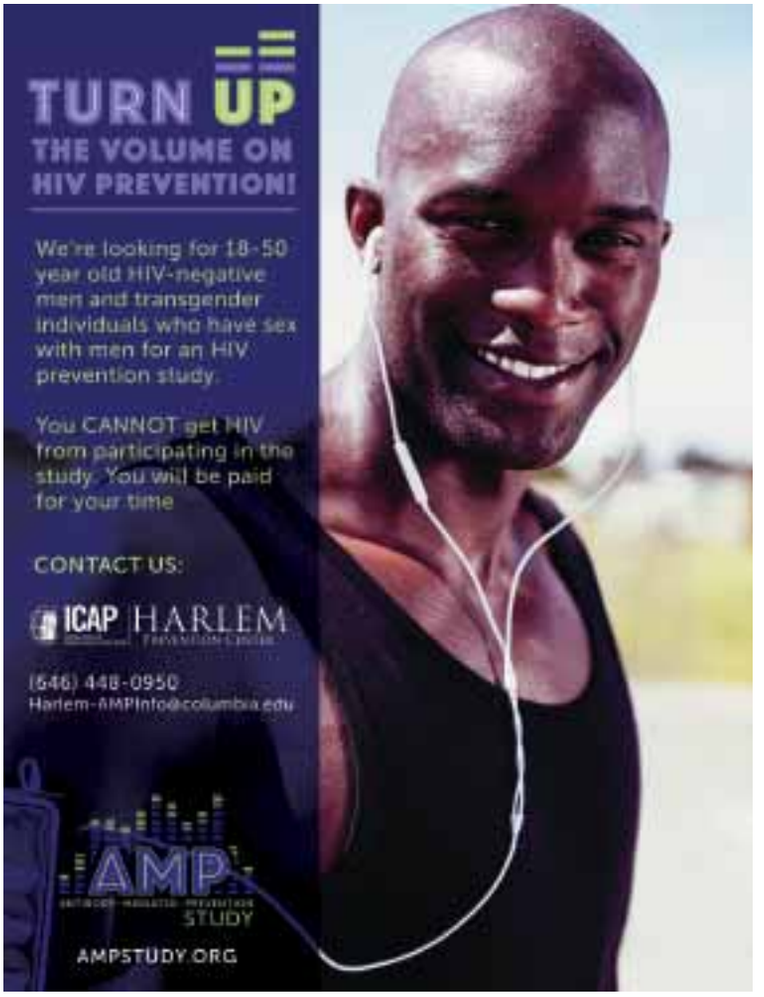
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Woman and suspect die after Swiss train attack, two girls in serious condition

One woman died and two girls were in serious condition a day after an attack on a Swiss train by a man armed with a knife and flammable fluid which also claimed the suspect's life, local police said on Sunday.

The 34-year-old woman and the 27-year-old suspect died from their injuries on Sunday, St. Gallen cantonal police said.

Five people were stabbed or suffered burns during an attack by a Swiss man on a train nearing Salez station in St Gallen in northeast Switzerland.

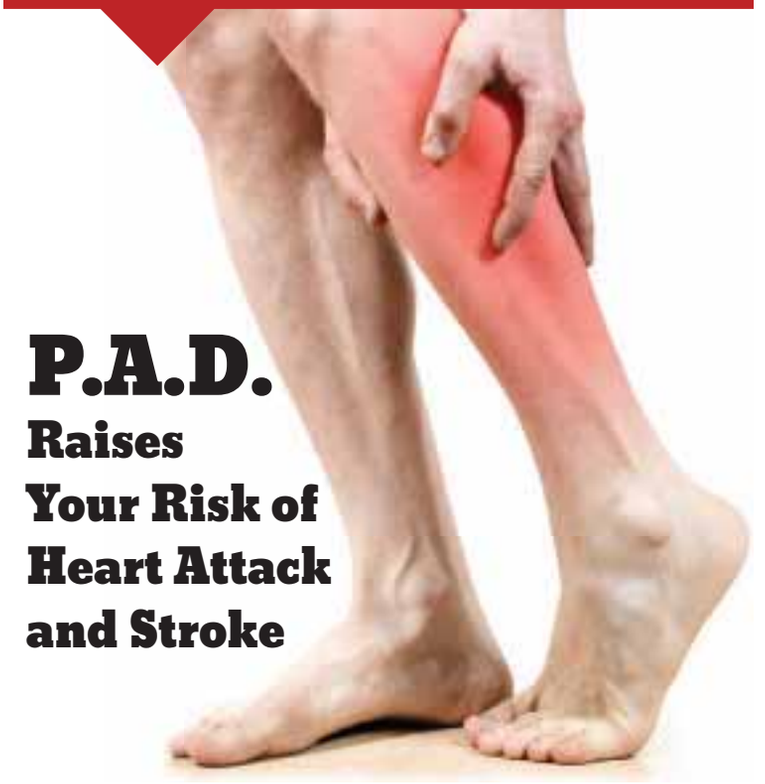
A sixth person suffered smoke inhalation as he came to the aid of the others.

Three victims remained in hospital on Sunday morning, including the two girls in serious condition who are aged 6 and 17 years old.

Police searched the home of the suspect, who lived in a neighboring canton. They said they had found no indication of a politically or terrorist motivated act. "The motive remains unclear," they said in a statement. "There is currently none that can be found."

Police have not released the suspect's name. REUTERS

Policemen stand by a train at the station in Salez, eastern Switzerland, after a man set a fire and stabbed passengers on Aug. 13, 2016. A man set a train carriage in Switzerland on fire using a flammable liquid and stabbed passengers, injuring six people including a 6-year-old child, police said. GETTY IMAGES



P.A.D. Raises Your Risk of Heart Attack and Stroke

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Do You Have PAD?

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- ☑ Leg numbness or weakness
- ☑ Non-healing sores on your toes, feet or legs
- ☑ Coldness in your lower leg or foot
- ☑ Slower growth of your toenails
- ☑ Shiny Skin on your legs
- ☑ No pulse or a weak pulse in your legs or feet
- ☑ Erectile dysfunction in men

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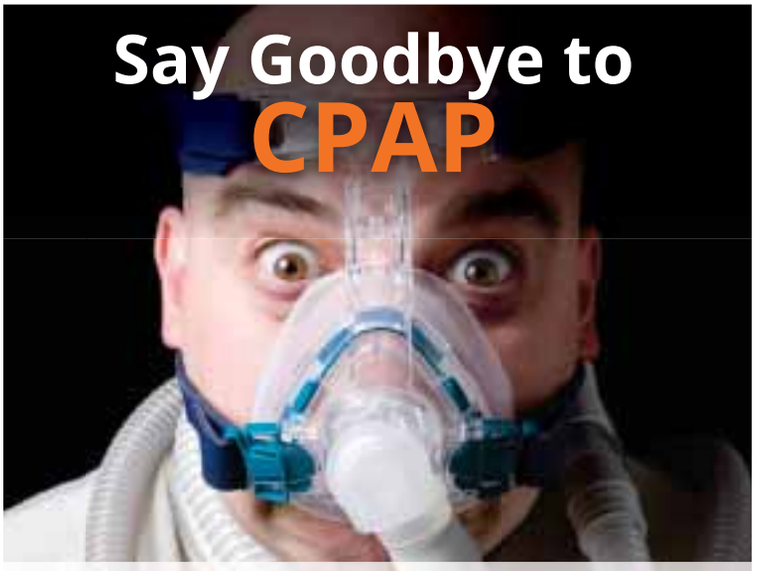

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Would You Like Instant Proof?

If you want instant proof - you can just look at all all the actual patient testimonials we have included. These patients were once skeptical just like you... and are now either pain free... or eliminated quite a bit of their pain.

Here's the most important thing: Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did.

Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But We Do Get
One Very Common Complaint

And it is: *"I wish I started this treatment much sooner."* Let's be very clear about this. Time is the most precious thing. There is no way to slow it down - or get any back once it 's gone.

All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. Isn't it time for you to get rid of your knee pain and start living the life you want and deserve?

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and eventually- the more pain. If you wait "past the point of no return", the entire knee joint can be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act NOW:

When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically *"dries up."* The lubricating fluid that decreases is called *"synovial fluid"*. Pharmaceutical companies can now make synovial fluid-like compounds that... during treatments... doctors precisely and directly apply these gel-like medicines into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating pain.

be why.

In fact, by using Precision Arthritis Targeting Technology, ***NY Pain MD*** doctors are able to double confirm the precise placement of the arthritis medicines used. This is to help ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than others. While many doctors only use one type or brands, the experts at ***NY Pain MD*** use several and great effort is taken to figure out which is best for YOU.

What To Do Next If You Are In Pain
Your Special Invitation

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and find out if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD.***

For a complimentary screening, call 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call 800-227-KNEE to schedule your screening. Many of the procedures offered at ***NY Pain MD*** are often covered by many insurance plans, union plans work comp and even Medicare. Call to schedule your screening * 800 2 2 7 KNEE

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I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more.

When I'm playing on the course I don't have any pain any more I don't have any aches and pain.

I'm out there playing!

"If e el like a new woman"

I came to the clinic because I was not sleeping at night. My leg was pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.

It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... it's done and you're outta there. Now I'm able to take out my bicycle a couple of the guys and myself we took a couple of rides out in the woods and we had a good time and ***I couldn't do that for years and now I'm able to do it again.***

The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"

One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for it. You sit there for about 2-3 minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"

Prior the the relief center I was taking (9;30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**

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THOUSANDS of knee arthritis sufferers flock for this advanced medical treatment - How they relieved pain while so many continue to suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the Tri-State area for this knee arthritis pain treatment and why waiting can decrease your chance to live a pain free. life again

By Matt Edgar - America's Health Writer

NY Pain MD, a center for Non-Surgical Medical Relief For Spine And Joint Pain Relief, **is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients. Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting can drastically decrease your chances to live a pain free life again.**

The information you are about to read can possibly save you from years and years of agonizing knee pain. It might even keep you from getting total knee replacement surgery. *Please pay careful attention.*

What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance. In fact, I'm going to have to ask for a bit of patience from you if you have already ***unsuccessfully*** tried any (or many) other knee arthritis pain treatments.

You see, many knee arthritis sufferers had already tried what seemed to be similar treatments to what we are going to talk about and *did not get the results they wanted.* But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that can possibly make it much more effective for many … and it often gets results when many others have failed.

This is why patients come from all over the tri-state area and beyond to have their knee arthritis pain treated here.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the *"average"* patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. **But to be 100% clear** - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years .. or even permanently cancel it.

What Are Treatments Like?

Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. Often ignored by many other clinics, if the procedure is just slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use what they call "Precision Arthritis Targeting Technology" or **P.A.T.T.** so they can see the medicine going directly into the knee joint - in live motion- during the treatment.

Research shows that doctors performing procedures without Precision Arthritis Targeting can miss the joint as much as 30% of the time. If you had viscosupplementation (or Stem Cells or PRP) without the exactness of P.A.T.T. and did not get good results - this may

"I cannot ask for better results"

Dr. Stanley Weiner, M.D. - Surgeon

I had (replacement) surgery scheduled last year. Three months before I made an appointment .... I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at *NY Pain MD* were outstanding. I cannot ask for better results.** After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's .. it's like exact science. ***Dr. Stanley Weiner MD***

"Hey this feels terrific"

I was diagnosed bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. The NY Pain guys said after looking at x-rays they could help. **That procedure is so basic so simple so quick in 15 minutes you are in and out.** When I got up out of the chair I stood up and I said, ***"Hey this feels terrific."***

"I don't have any pain any more"

After I had the treatments .. the last tuneup ..

"I feel like a new woman -It's amazing."

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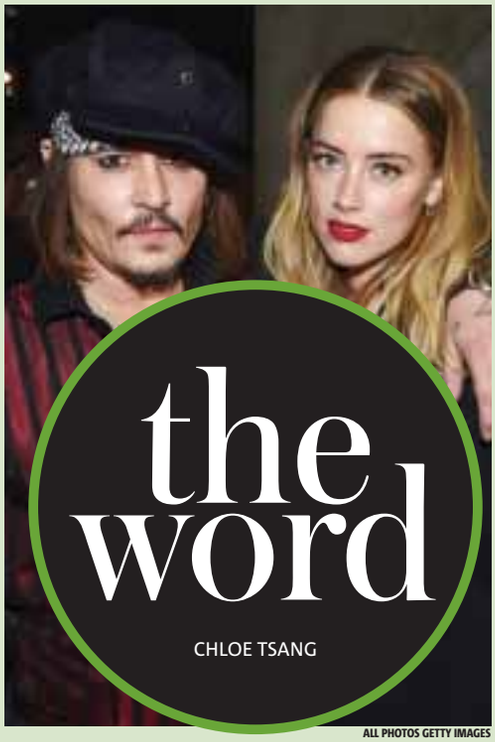
New video in Johnny Depp divorce drama



ALL PHOTOS GETTY IMAGES

Is Johnny Depp out of control? According to a new video, it looks like the answer might be yes.

Just after a hearing on Amber Heard's abuse allegations against her estranged husband was delayed, TMZ published footage that allegedly precedes the May 21 incident in which the actress, 30, claims Depp struck her. The video appears to show Depp yelling, cursing and smashing a wine glass and bottle. Depp, 53, also appears to be "swiping at Amber's phone ... trying to get it from her," TMZ reports. Heard has she did not leak the video. Though the tape has been submitted as evidence in the couple's divorce case, it may not be admissible in court — sources have told TMZ that the video was "heavily edited" and shows that Depp was unaware he was being recorded.

Justin Bieber sticks up for Sofia Richie

INSTAGRAM/@JUSTINBIEBER

When it comes to his girlfriends, Justin Bieber doesn't mess around.

This week, the 22-year-old singer was seen cozying up to Sofia Richie, singer Lionel Richie's daughter, in Japan. Since then, the two have made their relationship "Instagram official," posting numerous photos of each other on both their social media pages.

But Beliebers don't seem too happy with this new relationship — according to Bieber's latest Instagram post, his fans have been "mean" to his 17-year-old companion, criticizing her for her looks and posting other nasty comments on each photo.

Bieber retaliated against his 77.6 million Instagram followers by posting another photo of the two and threatening to make his account private. "I'm gonna make my Instagram private if you guys don't stop the hate this is getting out of hand, if you guys are really fans you wouldn't be so mean to people that I like," the caption reads.

Who knew the Biebs was such a loyal guy? To all Beliebers: It's not too late to say "sorry" and keep his Instagram public!

Demi Lovato issues apology over Zika joke

The latest fete for Demi Lovato was on Twitter — it was called the #DemiLovatoIsOverParty.

The "Cool for the Summer" singer faced backlash over the weekend because of a video she posted to — and subsequently deleted from — Snapchat. In it, the 23-year-old pop star is heard laughing after her mother, Dianna Hart, made a joke about the Olympics in Rio De Janeiro. "Everybody down in Rio gonna get the Zika virus," Hart says.

Fans criticized Lovato for the insensitive joke with the hashtag #DemiLovatoIsOver. The singer deleted the video and tweeted an apology Saturday.

"I was laughing at how Southern my mom sounded, not the issue at hand. Deepest apologies."

Lovato could have stopped there — but, of course, she didn't.

"If you watch everything I do, you're still a fan. ... I ain't goin nowhere b—s," she wrote in one tweet. "It's an awesome feeling when you're so content with life and yourself that hate doesn't effect [sic] you ... Feelin' good y'all," she wrote in another.

Chris Brown wins big in custody battle

Chris Brown's court battle with ex Nia Guzman has finally come to a conclusion — and it isn't too pretty for Guzman.

The former model filed papers against Brown back in April, alleging the 27-year-old rapper was unfit to care for their daughter, Royalty, without supervision.

Since then, Guzman's request for full custody of the couple's daughter was denied by a Californian judge. She also struck out on every other request in the court case, including her requests to increase her child support, to have Brown's visits monitored and to have him submit to drug tests,TMZ reports.

To make matters worse for Guzman, the judge has also ordered her to pay back $20,000 in legal fees that Brown was originally forced to provide so she could afford a lawyer for the case.

Brown will maintain joint custody of their daughter and will receive his mandated 12 days of visitation every month — it looks like the grass was definitely greener on Brown's side of the battle.

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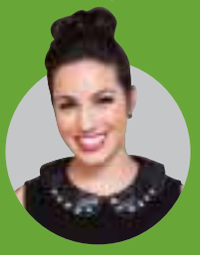
Think confrontation is uncomfortable? Here's how to let them down easy. ISTOCK

How to not ghost (and say no instead)

LAURIE DAVIS EDWARDS

Single and Swiping

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."



One of my clients recently admitted she only messages men online who she "thinks will be a good date." When we explored this decision-making, we discovered that she selects like this so she won't have to turn down a second date. The confrontation is too uncomfortable for her.

This isn't the first time I've heard a client voice an aversion to saying no. In a swipe-based world, there is so much access to singles, which means everyone is dating more people. And that means more no's are necessary too. But turning down others doesn't feel good — it's why some people ghost.

There are different types of no's. They happen in the message you might send the person you haven't met yet (No, I'm not interested in meeting you), the text you may type when someone asks you out again (No, I don't want to see you again), and the conversation you could have with someone you've been seeing (No, you're not the one for me).

These conversations aren't quite breakups but feel nearly as uncomfortable. Here's how to say no in every scenario: Make a s—t sandwich. Put the bad news in between two incredible thoughts so you honor what you had by acknowledging the good. Don't use just any bread—think of it as homemade rosemary focaccia, not basic store-bought. The more specific the thought for the slices, the less cliché it will feel.

Here's how to make the sandwich:

Lead with gratitude

Tell your match what you appreciate about him or her. It might be a compliment or an acknowledgement of what you shared.

Say no and tell them why

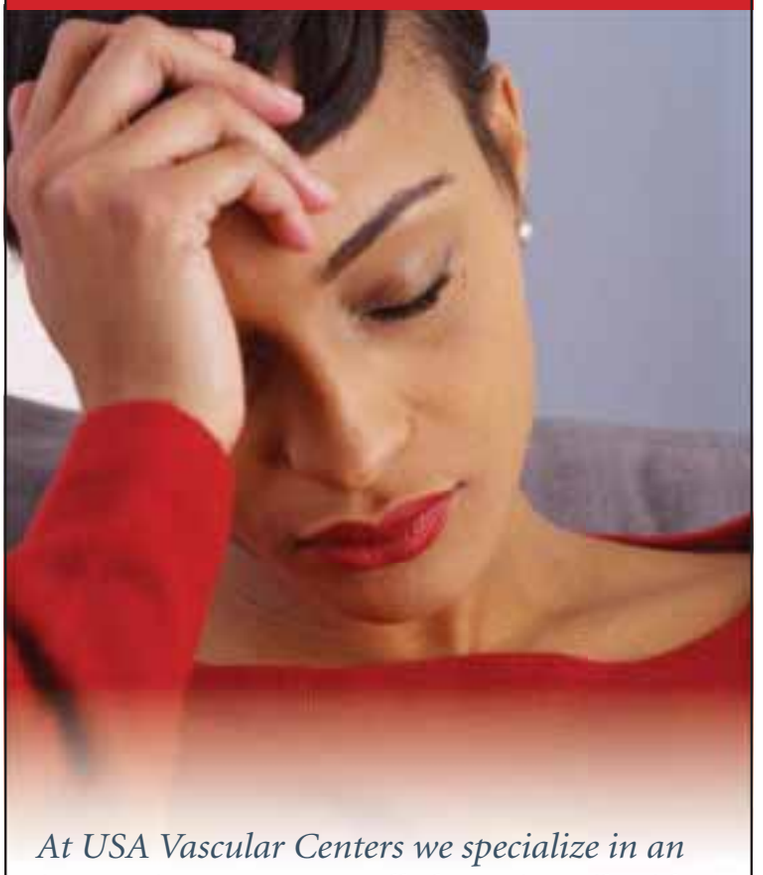
Throw the s—t in the sandwich and include a reason why. It should be genuine but not too specific so they don't beat themselves up over it later.

End with respect

Show genuine care by telling them you respect them. When the person feels like you understand them, they'll feel less slighted by the experience.

Hopefully your first s—t sandwich will be your last.

Fibroids?



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- ☑ Anemia (fatigue to low red blood count)
- ☑ Pain or pressure between the hip bones
- ☑ Pain in the back of the legs
- ☑ Pain during sexual intercourse
- ☑ Frequent need to urinate
- ☑ Constipation or bloating
- ☑ An enlarged abdomen

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Hugh Grant spars with Queen Meryl

The actor confesses to being terrified of working with the legend on "Florence Foster Jenkins."

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Hugh Grant heard about Florence Foster Jenkins in school. A society lady from the 1940s, she became instantly notorious as the world's worst singer, her hilariously awful recordings compiled on albums — or, in Grant's case, passed around on cassettes. Now the actor, 55, is in "Florence Foster Jenkins," in which he plays the scheming husband to the singer, played by Meryl Streep — a task he found understandably terrifying.

Listening to Jenkins' recordings, there comes a point where you start to feel bad for laughing at this woman who really thought she could sing — and, rather, couldn't.

That's the genius of the film, really — to take something that's fundamentally hilarious and then go into the humanity of it. That's something [director] Stephen Frears is quite good at: disorienting audiences over which genre you're in or how you're supposed to feel or what the tone is.

You've said you were pretty scared to act with Meryl Streep.

I had a year between signing up and starting it, and I didn't know how to contend with these terrors I had. I'd wake in the middle of the night saying, "F—, I've got to do emotional scenes with Meryl Streep." [Laughs]

What did you do to cope?

I found that researching the character kind of helped with soothing my nerves. I've never been so well-prepared. I went through the script with a tooth-comb about five times, asking, "Why do I say this? Why do I pick up that prop?" It was Stanislavski taken to extremes — and probably entirely futile.

In what sense?

In the sense that I'm not sure that actually makes any difference to one's performance. But it soothes you. It makes you think, "I've built my house on rock, not sand."

It sounds like Method acting.

Well, it's strangely Method-y for an English actor. But what I've found over the years is that in the debate between English and American acting, when it comes to film, I think the Americans are right and we're wrong. You know that old boring story of Laurence Olivier and Dustin Hoffman? [Ed. On "Marathon Man," Hoffman stayed up all night to look haggard for a scene. Olivier said, "Why don't you try acting?"] English actors like to tell each other that story. "We don't need any of that nonsense!" Well, I think they're wrong. I think Method-ing is quite right. And there's no greater example than Meryl.

How Method would she go?

On days when it was happy scenes, she would turn up happy. Days of sad scenes, she'd turn up sad. And if it was an angry scene she'd turn up angry. I was never sure on set if I was talking to Meryl or Florence. I used to call her "Floryl."

What on earth is it like acting with an angry Meryl Strep?

Very, very, extremely frightening. She doesn't come at you yelling, but you can tell there's a simmering rage.

Do you think this kind of fear — the fear of working with Meryl Streep, for instance — can be a good thing? It could possibly motivate you to try something scary. Because, on the other hand, you can also be afraid of being cowardly.

Half of you wants to run away, and half of you says you can't. If you run away, you'll never forgive yourself. So you take it on. Once you get through it, you do feel significantly smugger.

Hugh Grant plays St. Clair Bayfield, husband and yes-man to a deluded society lady (Meryl Streep) unaware she can't sing in "Florence Foster Jenkins." PARAMOUNT PICTURES

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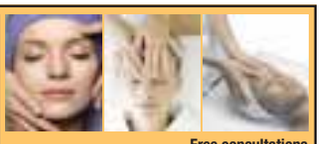
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Sensory overload

Stella Artois teams up with Bompas & Parr for a culinary experience you won't believe.

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Back in 2014, British event wizards Bompas & Parr, often dubbed London's Willy Wonkas, came to the Museum of Sex to create a sexy carnival. (Their bounce house of breasts remains, if you need a reminder.) Now they're back to do what they're known for: put on a food event that's almost beyond imagining, like a dirt banquet in a London sewer or the musical sausage in Thailand.

"One of the things we try to do is not to say no to anything and try to explore down every avenue of possibility to see where it leads," says Harry Parr of their creative process.

For their newest adventure, Bompas & Parr are curating a six-night "multisensorial culinary journey," called Le Savoir, to explore the flavors of Stella Artois, the Belgian lager. The dinner pairing begins Aug. 17 and in addition to the most unusual garden you've ever been in, there will be performances by Cirque du Soleil's 45 Degrees. Tickets start at $70 through Gilt and are going fast.

If you're not content to just show up and let the magic happen, Parr gave us the details.

If you go

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Sam Bompas and Harry Parr PROVIDED

The four seasons of beer

"This journey starts with a look at raw ingredients and the cycle of nature," explains Parr. Le Savoir is set in a forgotten greenhouse where guests will be taken through the four seasons. In winter, the air is chilled to 3 degrees Celsius, which is the ideal temperature for serving Stella. "We're showing that there is a cycle and season to making the beer and at first, there's nothing growing. So it's a very minimal space. Then things start to get awakened." The sit-down portion of the meal — though there will be tasting moments all night — occurs during summer to highlight complementary flavors. "Then in autumn, what you find is some of the richer flavors, so the beer can cut through and pair with them in quite unexpected ways."

Finding hidden flavors

Beer isn't usually praised for its complexity in the way, say, whiskey is, but Parr says that's just because we haven't been looking for it. "We're showing people there are all sorts of hidden flavors to unlock if you want to find them," he says. In the reception area, guests will be greeted with nonalcoholic sodas made with roasted barley, one of the four ingredients in Stella, to show that "when you take the raw ingredients, the skill of the brewmaster actually creates more than the sum of its parts."

Using fantasy to highlight reality

"When we design events, we like to create a sequence of spaces that people move between," says Parr. "The reason for doing that is you want to transform people from a world where they're familiar with and take them to a place where you start to show them things they didn't know." Like foraging for vegetables in dirt made from the same ingredients that go into the beer. Pick a cherry tomato from the vine — pick more than one — because they are injected with various flavors, including strawberries. "Stella Artois shares one of the same flavor molecules with strawberries, so they have this crossover of flavors that you wouldn't expect," he says. "It's a bit like teaching people to appreciate a fine wine. You have all those interesting flavors within a beer; you just have to open your mind to it."

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How to grow a successful startup

NYU's business incubators are giving forward-thinking entrepreneurs a boost.

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When David Mahfouda founded Bandwagon, a ride-sharing company that connects taxi passengers leaving from the same location, he knew his idea was golden. It made sense for New Yorkers — the intuitive app saves riders time and money. And it made sense for and New York City — it shrinks taxi lines and helps support city cabs that have taken a hit since the rise of Uber and Lyft. But a prickly question remained: How to grow his business and introduce it to the masses?

The answer, for Mahfouda, was the Urban Future Lab at NYU's Tandon School of Engineering, a business incubator that focuses on clean tech and city-based startups. As a tenant/member in the two-year program, he's had the luxury of refining his concept with expert mentors.

"It's just really useful to turn to someone else who's just a little further along than you are, and ask their advice," says Mahfouda.

After Bandwagon tested well in places where taxi passengers congregate — airports, conference centers — the company was ready to go to the next level. This summer, Bandwagon synched up with e-hail app Arro. In the fall, the partnership will allow taxi riders to pool rides and split fares in yellow and green cabs.

Mahfouda credits much of his success to being part of Urban Future Lab. "It's really gratifying to be able to see how far you've come by helping other people in the community."

The future of business

Incubators provide the support and mentorship startups need to thrive. ISTOCK

We've all seen the "Shark Tank" success stories that make launching a business look easy. The reality, of course, is far more complex.

That's where business incubators like NYU's come in. Think of it as a bike with removable training wheels: They fuse the supportive structure of a business incubator with an accelerator model, where companies have to hustle to hit specific milestones every six months. NYU's Tandon incubators house about 50 companies between three spaces.

Interested startups go through a rigorous application process and are reviewed by companies currently in the incubator. Part of the goal is to have companies come together to help solve one another's problems, says Steven Kuyan, NYU Tandon's managing director of incubators and entrepreneurship.

"We try to find companies that are solving real fundamental problems with real solutions," he says.

All startups face the challenge of raising capital, which is why another perk of the Future Labs is on-site investors who can "pair with companies in our space that fit their portfolio mandate," explains Kuyan.

The next wave

Last month, NYU's Tandon school launched the NYU/ffVC AI NexusLab, the first program dedicated to fostering artificial-intelligence startups at a U.S. university (things such as self-driving cars and robotics). Interested? The AI NexusLab is taking applications.

For aspiring entrepreneurs out there, Kuyan has a few words of advice.

"Solve problems instead of finding solutions."

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Are 'microdegrees' the future of education?

They're increasingly popular. But can they get you a job?

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Most Udacity students are working professionals with a college degree. ISTOCK

We live in tiny houses, make micropayments and use mini-fridges. Naturally, now we can also earn "microcredentials."

As the name suggests, microcredentials qualify individuals to execute specific skills, often in the fields of math, science and technology. They're earned in far less time than traditional degrees — and for a fraction of the cost.

Haven't heard of microcredentials? Then take note, because these bite-size degrees are gaining traction, particularly in the tech sector, said Alex Halavais, director of the master's of art in social technologies program at Arizona State University.

"Certain parts of the tech sector have traditionally valued practical skills over broader education," said Halavais in an email.

However, the question remains: Can a microcredential get you a job?

Program details

Udacity, one of the largest microcredential providers, offers its exclusive nanodegree courses for $200/month.

Salwa Muhammad, vice president for student services at Udacity, said that the program is "about bridging the gap and bringing education and jobs to everyone, regardless of where you are in the world or what situation you're in."

Udacity educators partner with tech companies (Intel, Google, and AT&T, for instance) to create project-based curriculums for nanodegrees like front-end web developer, Android basics, and — coming soon — a self-driving car engineer program. Students develop a portfolio over the course of the program, which generally takes six to nine months. Then they can then show off their work to those very same companies that collaborated on their curriculum — and hopefully get hired.

Employment prospects

Though it's not yet clear how marketable microcredentials are to employers outside these partnerships (they're still relatively new), they are leveling the playing field.

"Udacity's nanodegrees, and programs like them, are providing an exciting and effective alternative to training programs that were often ineffective and expensive for students," said Halavais.

But, he says, don't confuse training with an education.

"A microdegree can help differentiate a candidate whether or not they have a traditional four-year degree — but it's no substitute."

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Should Giants worry about offensive line?

New York appears to be content with who they have on the roster, for better or for worse.

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Will the Giants have success running the ball behind their current line? GETTY IMAGES

As the Giants offensive line is currently constructed, this team will have a tough time making the playoffs.

It was an unacceptably bad performance from the offensive line on Friday night in the Giants preseason opener, the unit doing a terrible job of protecting Ryan Nassib. That the unit was this bad after the amount of money that the Giants threw around this offseason is unacceptable. The offensive line is far and away the weakest link on this team and yet they did nothing to address the situation.

The Giants had the opportunity to bring in some help along the line, instead using nearly the entirety of their $200 million spending spree on the defensive side of the ball. The defense needed help, worst in the league last season and worst against the pass. But to completely ignore the offensive line was unacceptable and might keep this team once again out of the playoffs.

Nassib was hurried and hit a number of times by the Miami Dolphins, who had a total of four sacks in the game. Head coach Ben McAdoo said on a conference call on Saturday that Nassib "didn't always have clean protection."

That was an understatement.

"Our blocking fundamentals and physicality and pass protecting needs to improve. We weren't firm up inside the pocket, especially when the second group got in there, we need to firm that up. We need to cut out the pre-snap penalties."

Yet despite the struggles of the offensive line, the Giants seem content with the group they currently have, unwilling at least publicly to sound like a team ready to hit the open market for some alternatives.

"I think that we have guys who we feel can compete at a high level," McAdoo said. "They had a bad night in pass protection last night, they played better in the run game than they did in pass protection and we need to put the pads on and get back to work. That is what I see."

Phelps leaves pool but not the sport

Michael Phelps is adamant he's competed in his final Olympics. GETTY IMAGES

Michael Phelps left the Olympic pool for the last time on Saturday having fulfilled a childhood dream, but it is clear he will not be walking away from the sport that has turned him into a global household name.

Phelps' swimming career ended with his 23rd gold medal in the 4x100 medley relay on Saturday, which extended his record as the most decorated Olympian of all time.

"This all started and began with one little dream as a kid that changed the sport of swimming and tried to do something nobody else has ever done," said Phelps. "And it turned out pretty cool."

It could have all ended four years ago, a little less cool, for the now 31-year-old.

After the 2012 London Olympics, which he had declared to be his last, Phelps walked away with not only the regret that he simply went through the motions but like many athletes in retirement, he appeared lost and unprepared.

He talked of becoming a professional golfer but eventually found himself testing the waters of a swimming comeback and despite some missteps with a drink driving conviction that led to rehab and a suspension, made his fifth Olympic team.

In Rio, where he took his Olympic tally to a staggering 28 medals — he also won three silvers and two bronze — it was apparent he was not going through the motions at all.

Clearly exhausted, he shared every victory with the raucous crowd and was especially emotional whenever he caught sight of fiancée Nicole and infant son Boomer in the stands.

"Getting off the bus walking into the pool tonight I almost felt myself starting to cry," said Phelps. Last warmup, last time putting on a suit, last time walking out in front of thousands of people representing my country. It's insane. STEVE KEATING, REUTERS

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What did we learn from the Jets' preseason opener?

What do the Jets have in Geno Smith?

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Geno Smith was a recipient of major boos this past weekend in the Jets' first preseason game. GETTY IMAGES

The Jets got through their first preseason game relatively unscathed, which is the most important factor of the exhibition season for every team.

Fresh off their 17-13 win over the Jacksonville Jaguars, at MetLife Stadium, Gang Green looked good in most spots, but still have questions that need answering.

Ryan Fitzpatrick didn't light it up, as he only played two series with the starters, but the throws he did make were sharp and in good timing. Fitzpatrick looked right at home, almost immediately, with a prime example being his 42-yard dime drop to Quincy Enunwa to end the first quarter. He led the Jets to a touchdown-scoring drive, capped by Bilal Powell's four-yard touchdown run.

New York had its fair share of starters sitting out, including defensive end Mo Wilkerson, cornerback Darrelle Revis, defensive tackle Steve McLendon, and running back Matt Forte, so it was difficult to truly gauge the team. But from what Jets' fans saw from the rest, they should've left MetLife Stadium in decent spirits, because Gang Green appears to have good depth across the board.

Undermanned defense

Jacksonville, which has turned into the chic pick this season, looked very good on offense — particularly with the starters. There's a few reasons why analysts are high on the young Jags, and it's because of burgeoning quarterback Blake Bortles, wideouts Allen Robinson and Allen Hurns, and running back Chris Ivory, who defected from the Jets this summer, via free agency. Integral players like Wilkerson, McLendon, and Revis did not play. But even with that caveat, a 10-0 lead over most of the Jets' starters and eight first downs on those two series is a good indicator that head coach Todd Bowles will use that opening quarter as a teachable moment and get his defense back on track.

Stopping the run

Staying with the defensive theme, the Jets' starters saw three Jaguar running backs average a collective 4.7 yards per carry. Ivory, the former Jet, tallied 26 yards and a touchdown on six carries, T.J. Yeldon added 26 yards and a healthy 6.5 yards per carry average, and Denard Robinson, a converted quarterback, added 23 yards in limited work. Jacksonville's run blocking isn't considered among the league's elite, which could be of some concern for Bowles and his staff. Naturally, a preseason game — particularly the opener — won't totally keep Bowles and his staff up at night, but there has to be some concern with an average Jacksonville offensive line opening holes rather easily.

Quarterbacks not named Fitz

Geno Smith celebrated the one-year anniversary of "the Punch" by getting booed by Jets fans almost immediately after he entered the game with nine minutes remaining in the first half. As soon as the maligned quarterback skipped a few ground balls, the boo-birds began. But Smith managed to bounce back and produce a rather productive evening in going 8-of-14 for 79 yards, including a nice 17-yard touchdown pass to seventh-rounder Charone Peake with 22 seconds remaining in the half, to give New York the 14-13 lead. It was a typical Smith outing, as he showed some athleticism and poise, but also had his accuracy issues rear its head at times. While rookie Christian Hackenberg didn't play, Bryce Petty got in and went 7-of-14 for 93 yards. He didn't light it up like Brett Favre, as he said he wanted to do, but he still showed some flashes — and young Favre-ian tendencies by taking ill-advised sacks and holding onto the ball a little too much.

Rough start for Milliner

Other than Smith, there aren't many on the Jets roster that are as maligned as the third-year cornerback. Jaguars' wideouts had their way with Dee Milliner, particularly Robinson, who had three catches for 80 yards, including an acrobatic catch for 45-yards toward the end of the first quarter that set up the Ivory score. Milliner allowed a couple of "explosion plays," as Bowles likes to call them, including a huge gain by Tony Washington, who juked Milliner early in the route and burst past him for the reception in front of the flailing cornerback. Milliner is currently the fourth cornerback, and will see action primarily on nickel and dime packages. That's not good enough for a guy who was once the ninth overall pick. This is a big summer for him.

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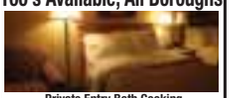

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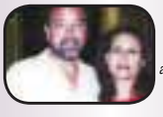
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52 Lois Lane portrayer Neill
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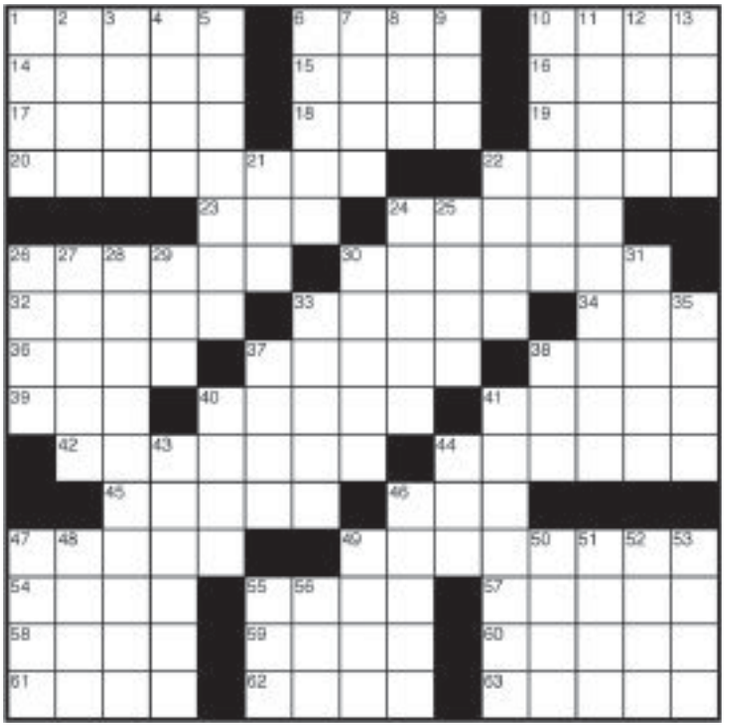
56 Excessively



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4		8				5	1	
			8			3	2	
5				9			7	
	1		3	7			9	
	4						5	
	8			2	1		4	
	2			3				5
	9	6			8			
	5	3				7		2

hard

	2	7						
8	4	1		9	6	5		3
9		5			1			
2	5							
			2		4			
							6	8
			5			4		7
5		2	4	8		3	9	6
						8	5	

metro.us/horoscopes

Aries Refuse to let your emotions cause you to make an impromptu decision regarding your position. Protect your assets, income, reputation and belongings.

Taurus Take a moment to rethink your current position. You can get ahead, but if you want to make a change, do so for the right reason. Personal improvements will turn out well.

Gemini If you take time to engage in activities with children, friends or elders, the interest you show will help overcome a disgruntled individual looking for a fight. Promote peace, not discord.

Cancer Good things are heading your way. Children will give you a different perspective on a current partnership or your lifestyle. An opportunity will come through an unusual source.

Leo Being practical and analytical will help you prepare for what's to come. Make your plans early and stick to them in order to excel in what you do.

Virgo Get busy doing something enjoyable, spending time with children or teaching someone new skills. Helping others will in turn help you. Romance is highlighted.

Libra Bring about changes that will help you feel better about yourself and your surroundings. An emotional situation is best dealt with immediately. Do what's best for you.

Scorpio Find out where you stand so that you can move forward. Discuss your plans and initiate what you want to see happen. Short trips, communication and romance are featured.

Sagittarius Organization will be necessary if you want to accomplish anything. Don't be led astray by the actions or words of others. Travel and communication will be problematic.

Capricorn Reconnect with someone you have lost touch with. It will help put your life in perspective if you review the past. Romance will have an impact on a personal relationship.

Aquarius Work with, not against, the general consensus. It will be much easier to get your way after you gain acceptance. Concentrate on personal gains and updates.

Pisces If you are an instigator, you will gain control and convince others to help your plans instead of hindering them. Honesty and precision will be your ticket to success. EUGENIA LAST

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Free pre-paid Gratuities, up to $400 Onboard Credit

Complimentary soda package or bottle of wine plus receive a value booklet with up to $400 in savings

available on select sailings and categories

RoyalCaribbean INTERNATIONAL

Come Seek Your Next Adventure with Royal Caribbean

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4-Day Bahamas
sailing round-trip Miami
$199* Fr. pp
Ocean View $259* Fr. | Balcony $559* Fr.
Taxes & fees $108.60pp

5-Day Caribbean
sailing round-trip Miami
$229* Fr. pp
Ocean View $279* Fr. | Jr. Suite $629* Fr.
Taxes & fees $103.28pp

BERMUDA

5-Day Bermuda
sailing round-trip Baltimore
$509* Fr. pp
Ocean View $614* Fr. | Balcony $1089* Fr.
Taxes & fees $128.81pp

5-Day Bermuda
sailing r/t Bayonne, NJ
Anthem of the Seas
$559* Fr. pp
Ocean View $615* Fr. | Balcony $702* Fr.
Taxes & fees $184.77pp

EUROPE

7-Day Mediterranean
sailing round-trip Venice, Italy
$399* Fr. pp
Ocean View $499* Fr. | Balcony $699* Fr.
Taxes & fees $100.75pp

9-Day Mediterranean
sailing round-trip Rome, Italy
$489* Fr. pp
Ocean View $559* Fr. | Balcony $769* Fr.
Taxes & fees $96.80pp

Deal of the Week

RoyalCaribbean INTERNATIONAL

7-Day Caribbean
Anthem of the Seas
sailing round trip Bayonne, NJ
$597* Fr. pp

Ocean View $637* Fr. pp
Balcony $730* Fr. pp

- 30% OFF Every Guest + Kids Sail Free,
- up to $200 Onboard Credit
- Free pre-paid gratuities
- up to $400 Onboard Savings Booklet

CARIB / ALASKA

6-Day Caribbean
sailing r/t Fort Lauderdale
$469* Fr. pp
Ocean View $599* Fr. | Balcony $712* Fr.
Taxes & fees $106.86pp

7-Day Alaska
sailing Seward to Vancouver
$618* Fr. pp
Ocean View $1246* Fr. | Balcony $1471* Fr.
Taxes & fees $199.21pp

CARIBBEAN

10-Day Caribbean
sailing round-trip Bayonne
Anthem of the Seas
$1024* Fr. pp
Ocean View $1097* Fr. | Balcony $1276* Fr.
Taxes & fees $152.68pp

12-Day Caribbean
sailing round-trip Bayonne
Anthem of the Seas
$999* Fr. pp
Ocean View $1097* Fr. | Balcony $1297* Fr.
Taxes & fees $159.44pp

EXOTIC

7-Day Australia
sailing round-trip Sydney
$489* Fr. pp
Ocean View $629* Fr. | Balcony $909* Fr.
Taxes & fees $125.01pp

7-Day U.S & Canada
sailing round-trip Boston
$505* Fr. pp
Ocean View $808* Fr. | Balcony $1083* Fr.
Taxes & fees $154.02pp

855-625-1523

*Prices are pp/dbl. Cruise only on select sailings. Certain restrictions apply. Gov't taxes and fees are additional. Prices include NCF's. Prices are quoted in US dollars. All itineraries and prices are current at time of printing and are subject to change without notice. All exclusive deals are per cabin on select ships, sail dates and categories and are not redeemable for cash. Ships' Registry: The Bahamas and Panama. CST #2015595-50 / Lowest Price Guarantee. In order to qualify for the guarantee the competitor's rate that appears in the advertising must be available for booking and be on the identical Cruise-only product. (Ship, Date, Destination, Category, etc.) The customer must meet the requirements for any rules that apply from the cruise lines in offering the rate. The guarantee does not apply to air, land components, onboard charges etc. This offer is only valid on cruise lines that are memebers of CLIA.